

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

February 2010

Welcome to the first Newsletter for 2010. It has now been 10 years since the new millennium and hasn't that time flown by? Ten years ago we were breathing a sigh of relief that planes had not fallen out of the sky, electricity supplies had not faltered, bank accounts had not all closed down with nil access for all and that life continued on in the same way that it had during the 90s. So now that the 'noughties' are behind us; we can look forward to the new decade and all that it will bring.

The question is, what *will* it bring. Considering the way that 2009 ended with the Global Financial Crisis releasing it's grip on the world but still very fresh in people's minds and memories, I think that we can expect an ongoing change in general expectations. People are likely to be more careful with their money and what they have and the 'live now and splurge' ethos that was evident in the latter parts of last decade is likely to toned-down considerably.

So what does that mean for us, the professional hypnotherapists? That is anyone's guess but the very real possibility exists that our clients are going to have enhanced expectations of service provision and likelihood of success. The constants in these factors do not change; the client still needs to *want* to make the change and the professional treatment by the practitioner should still be the best that it can be, but I think that clients should be provided with accurate and realistic expectations about the outcomes and statistical success rates. It is only fair to do so!

Here is the rub though – what are the chances of success? There are many sites available on the internet that provide statistical information regarding the success of hypnosis on a range of issues (some of these have been printed in recent newsletters – Ed.) and from a broad statistical perspective, they are helpful. However in most cases the client will be interested in what the individual hypnotherapist's success rates are; and that is very difficult to provide with any accuracy. I try to always make the point of telling the client exactly that.

The only thing left available to us to improve our chances of success is to continually develop our understandings, abilities and

professional application of hypnosis in the clinical situation. How do we do that? Professional development through attendance at courses to enhance our abilities, membership of professional organisations that offer PD, networking, individual reading and research, testing and trying new methods, inductions, scripts and taking other's ideas and trying them in our environment are all valid ways to increase our professional competence.

So I would encourage everyone, in both the client's best interests and in yours, to make 2010 and beyond the year to 'get better at what you do'. I hope that the newsletter goes some way to helping in this aim. If you have any suggestions for articles are content – please let me know!

On another front, by the time you read this edition, Rick will be back in the USA and no doubt absolutely flat-out with the work he has ongoing there. If you need to contact Rick for any reason, then email really is the best way to go though you should expect some delay in response depending on what he is doing at the time.

From the Academy perspective, things are looking busy in 2010 in both WA and VIC. A reminder that all WA matters should be referred to John Vernes and any VIC questions to me.

As our Victorian colleagues would be aware, for about the last 12 months Jai Waugh has filled the role of our Training Coordinator for Victoria. Jai has done a magnificent job of representing the Academy in Victoria. This year, Jai has decided to concentrate her efforts elsewhere and we thank Jai for her invaluable assistance, good humour and support over the last 12 months and wish her all the best for the future.

Finally, I'd like to wish everyone the very best for 2010 – I hope that the year presents you with everything that you need and all that you wish for.

Michael Werts
Editor MM_Newsletter

In Brief:

Next Monthly Training is happening on 27th February
- Subject is: **Abreactions within Hypnosis**

Certificate of Hypnosis Course - PERTH.

13, 14 & 19, 20, 21 February 2010.

For further information please contact John Vernes - contact details on last page of the newsletter.

Quit Smoking and Weight Loss Two Day Course - MELBOURNE.

13 & 14 March 2010.

For further information please contact Michael Werts - contact details on last page of the newsletter.

APPLICATION FORM

attached as the last page of the newsletter - places are filling *fast!*

Next Power Hypnosis Course - SYDNEY

5, 6, 7, 8 April 2010.

Next Four Day Power Hypnosis Course - MELBOURNE

30 April & 1, 2, 3 May 2010.

The power of hypnosis

<http://health.iafrica.com/features/2018760.htm>

You're probably tired of everyone telling you that losing weight is just about eating less food or consuming less calories. Sometimes it seems that our bodies have found a way to turn a plate of lettuce into a pound of fat! Most people who attempt weight loss discover sooner or later their efforts are complicated by metabolic programming that keeps weight on the body regardless of how you change your eating habits.

Hypnosis therapy can be very effective in helping us to alter our eating habits that may be stored in the subconscious mind.

If you're presently overweight and you'd like to find out if metabolic programming is affecting weight loss efforts, take the following questionnaire:

- Do you find that no matter how much you starve yourself the weight just doesn't fall off as quickly as it should?
- Do you find yourself eating less than your more slender friends and you still don't lose weight?
- Do you find your food cravings going way up even as the pounds begin to fall off, as if you were starving instead of dieting?
- Do you become tired and lethargic when dieting?
- Do you gain back all the weight you've lost from a diet with alarming speed?

If you answered yes to any of these questions your metabolism could be subconsciously programmed to hold weight on your body, instead of burning it up for energy.

The good news is there are many ways to deal with this programming, including through hypnosis, so you don't have to fight your body as well as your food cravings to lose weight!

The first step is to look at some likely causes. The metabolism of food is the intricate process by which nutrients from food are consumed and analysed by the body. It's a complex process in which several factors are involved.

Why the thyroid is crucial?

One of the functions of the thyroid gland, the "master switch" which regulates the rate of cellular metabolism. Hypnotic imagery aims to increase the production of thyroxine, the primary metabolic hormone produced by the thyroid gland. More thyroxine means more fat burned more weight loss and more energy for you.

There can also be medical reasons for thyroid dysfunction, which is why we suggest a full physical examination and possible testing of your thyroid function.

Change your eating habits

Another key element to the body's metabolic processes is the activity of two key pancreatic hormones: insulin and glucagons. These key metabolic hormones cause our body to store or burn fat. The types of food you eat directly affect the activities of these hormones.

How does hypnosis help you change your eating choices? All eating habits become rooted in the subconscious mind. The imagery of hypnosis targets these subconscious programmes and changes them.

Exercise more

Exercise is also a key component in the activation of the thyroid gland. Researchers have discovered that regular exercise, even as little as twenty minutes a day, speeds up metabolism not only during exercise but also for many hours after even when you are resting. Of course, many of us have a hard time with exercise. Enter again the power of hypnosis.

Hypnosis can be used to increase your motivation toward physical activity as well as increase strength and endurance. We know it takes much more than imaging to get more involved with exercise again.

One of the innovative processes we use can take you back to what you enjoyed doing physically as a child. You can pick one or two of these activities that you will again enjoy! We will use the power of hypnosis to bring back the excitement you experienced as a child at play.

Other issues at work

One of the more common sources of metabolic programming is genetic. Some human genetic lines preserve fat on their bodies more readily because these traits served our ancestors well for thousands of years. Changing these genetic codes within our DNA is impossible, but we can still increase the metabolism to help us let go of fat.

Sometimes our subconscious is afraid of losing weight, in order to avoid dealing with deep-rooted personal issues. This is best addressed by individual analysis or participation in personal growth programmes.

Script of the Month:

Attracting Abundance

Everyone wants something—be it something physical, emotional, mental, or spiritual. But we don't all want the same things; some may want only enough to get by; others want it all. A happy medium lies somewhere in between, and this happy medium can be termed abundance. You can decide exactly what abundance means to you and you can develop an abundant state of mind—a wealthy “mind-set.”

Many people just want more money. They may or may not know what they want to do with it, but it is more important to decide what they will do to get it. Very little comes with no effort. You need to do the work in order to achieve the goal. This cycle is an excellent way to start the work. Use it daily, and then go out and do something about it.

Prosperity begins in your mind, and this cycle is your opportunity to use your inner mind creatively to produce abundance. Some people may say, “My financial situation is such that I need a miracle.” Yet, you are entitled to miracles. Positive programming is how to begin to make them happen.

Abundance can come in many forms. Money is only one. Your life may already be more abundant than you realize. Not only can you increase your abundance, but you can become more aware of the abundance already in your life.

What is abundance to me? As I evaluate material success, I realize that abundance is a good thing and that I am worthy of it. I perceive that I am entitled to life's many blessings. But to me abundance is much more than merely money or things; abundance is in having good friends and in being a good friend. Abundance is a harmonious life, a music-filled home, creative work, a meaningful relationship, quiet inner peace with strength and spiritual growth. I will enter into a new age, and for me this new age is the age of abundance.

I see abundance all around me. In nature—in the fields and the forests, the rivers, the seas, deep within the earth and high in the sky—there is abundance for all.

I feel abundance in and around me. It is here and it is now. I welcome this abundance with joy and delight. In my creative imagination I see an economic healing happening. It seems a miracle! I have been blessed with abundance. I have opened an inner door and stepped into the sunlight of abundance in all its manifestations. And I say “thank you” for this great gift. For I know that it comes, not from me, but through me. And with this new abundance, I can grow and serve that I may be a channel of blessings to others, for abundance is an expression of love.

I have tuned in to the aura of abundance that surrounds me. Like the electromagnetic field of a magnet which extends beyond the magnet itself, so it is with my energy field, reaching out far beyond the actual physical me. And, as a magnet, it draws abundance to me. It attracts and guides me to abundance. And this I now do:

To attract abundance I now act and think as one who already has abundance. I smile often and easily. I enjoy taking time for the little things and the quiet things in life. I walk tall and proud and perhaps just a little faster now. I have many exciting new habits reflecting this abundance.

To attract abundance I take good care of my physical appearance. But I take even better care to balance my inner appearance. I am aware now to choose my spoken words carefully, but I am even

more considerate of my unspoken words. I use positive, cheerful words easily and often, for they reflect the profound, positive, cheerful feelings deep inside of me.

To attract abundance, I praise others for the good that they do. I compliment others honestly and sincerely. I thank others lavishly. I compliment and thank myself also, and welcome this new me. I like listening attentively to others, and they enjoy listening to me.

To attract abundance, I find meaning and joy in the work that I do, my activities, and my service to others. Work is love in action, so I happily do more and contribute more than I am paid for. My creative work is a pleasure and a challenge. But, if my present job is void of creativity and promise, then I can analyse the alternatives and take the steps necessary for a rewarding new career in whatever field I choose.

To attract abundance, I carefully make lists of my goals, my ideals, and my plans—especially my plan of action. I write out in detail what I will accomplish, how I will accomplish it, and when I will accomplish it. I make realistic short-range goals and I make reasonable long-range goals. And then I simply go out and do it, and I often believe that I am far ahead of my goals.

To attract abundance, I make friends and associate with positive, creative, and active people, for I realize that I am always influenced by the people around me and with me. So it is vital that I choose wisely those with whom I work and play, live and love and grow. Positive, happy people encourage me and inspire me as I encourage and inspire them.

To attract abundance, I clean out all excess clutter in my life. I phase out all trash. I give away my neglected things that others may use them. I make room for the many, many blessings coming my way. I joyfully bestow my blessings by sharing my excess abundance with others. And, as the useless and the unwanted depart, I experience the freedom and the lightness of an unburdened life. What then comes in to fill the void spaces will be a joy and a delight.

To attract abundance, I allow myself to laugh often and to laugh loudly. My sense of humor has expanded into a habit of laughter. With happiness and laughter, I attract new friends, positive people who laugh and enjoy life with me. With joy and laughter, I improve my health and appearance. I laugh and the world laughs with me. I make people laugh each and every day, for laughter is like an internal massage.

To attract abundance, I open my doors wide when opportunities knock and I welcome them with open arms. My life now is exciting and active, and many, many blessings come to my door. If nothing succeeds like success, then nothing is more abundant than abundance.

I open the door to the joyful discussion of abundance.

I open the door to my actions and thoughts of abundance. I open the door to my caring for my outer and inner appearance.

I open the door to praising others and myself. I open the door to new joy in my creative work.

I open the door to listing my goals, ideals, and my plans for action.

I open the door to expanding my world of friends.



I open the door to releasing the excesses in my life.

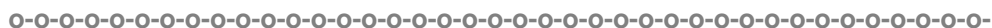
I open the door to joy and laughter.

I open the door to the new me—today—now, and it is so!

In my creative imagination I can see a clear, sharp image of myself attracting abundance. I take time to review my ideals and goals. (Pause) I hear friends congratulating me on my successes. (Pause) I feel a total enrichment has already been accomplished.

Now I realize the great secret of abundance:

Abundance is not an end in itself, but a growing process, the result of my creative work and efforts. I have learned from the past, make plans for the future; but live in the eternal now. I already have abundance and, by the joyous welcoming and sharing of abundance with others, I increase my abundance a hundredfold.



Deepener

THE STAR

As you become more and more at ease, it doesn't matter if, at times, you find your mind just wandering away to some pleasant thought, because your inner mind continues to listen and enjoys the growing sense of peace, harmony and tranquility that is growing and developing within you now.

And you know those wonderful feelings that you have when sleeping soundly, how you sometimes wish that you could just be left to doze and slumber. You remember how you felt, lazily laying on a lawn, or a beach in the sun, perhaps, drifting in and out of a dozing sleep, yawning, and just wanting to stay where you were.

In a moment I'm going to count slowly back from ten to zero and as I do, you find that you relax more and more with each number I count, until just as you've felt on those lazy occasions in the past, you feel just as deeply relaxed once again. Ten, feel yourself going down, nine, lazily drifting, eight, relaxing more and more, seven, going deeper down, six, deeper and deeper, five, halfway to relaxation, four, and that wonderful, comfortable feeling, three, two, almost there now, one and zero.

I want you to imagine now that you're looking up into a beautiful night sky and that you can see, in the distance, a star. You can see one beautiful, solitary, silver star, shining down out of a velvety black night sky, and that star is millions and millions of miles away. And you focus your gaze entirely on that one, solitary silver star. And as you focus your gaze on that silvery star you notice it begins to twinkle and you become more and more relaxed, more peaceful, more calm.

And imagine yourself rising out of your body – feeling drawn toward your star – you begin moving toward your star – through space and time – through the earth’s hemisphere – passing comets and planets – into a different galaxy – closer and closer toward your star – and the nearer you get to your star – the larger and brighter it becomes – and the larger and brighter it is – the more comfortable and relaxed you are – until your star is there – right in front of you – one – solitary – silver star – and you are on your star – you are in your star – and the star is in you – you are the star – up there – shining down on the earth below – millions and millions of miles away.

And you go deeper and deeper into gentle hypnotic rest – there is a beautiful stairway in your star – with hundreds of steps leading down – to a wonderful place – you begin to descend – almost floating – down – your feet not even touching the stairs – you can see that on each step is the word relax – and as you float down – you become even more comfortable – even more relaxed and at ease – detached – such a comfortable feeling.

As you continue to listen to the sound of my voice, you feel yourself becoming sleepier and drifting deeper and deeper. From time-to-time you may almost feel like you're dropping off to sleep because you're just so relaxed, so relaxed, so relaxed. . . . (wait a while and give suggestions).

Up Coming Dates:

Monthly Ongoing Trainings

Lesson Two: Abreactions within Hypnosis	Saturday, 27 th of February, 2010
Two Day Quit Smoking/Weight Loss Course MELBOURNE	13 & 14 March 2010
Certificate of Hypnosis Course PERTH	13, 14 & 19, 20, 21 February 2010
Four Day Power Hypnosis Course MELBOURNE	30 April, 1, 2, 3 May 2010
Four Day Power Hypnosis Course SYDNEY	5, 6, 7, 8 April 2010

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Future Articles

The Mind Motivations™ Newsletter would welcome any articles or stories. Please submit any inclusions via email to the MM_Newsletter@iinet.net.au email address. The Editor reserves the right to amend any article to fit with size limitation requirements and to correct spelling, grammar or factual content.

Disclaimer

This newsletter is provided as a service only. Any opinions stated in this newsletter remain the opinions of the author only and do not reflect company or corporate opinions of either Mind Motivations™ (MM) or The Australian Academy of Hypnosis™ (AAH). Dates and information are correct at the time of publication. MM and AAH reserve the right to alter, amend or change dates to suit circumstances.

Privacy

No email addresses or contact details (including names) will be sold, given or provided to any third party. All contact details will be protected.

MELBOURNE – 1 Day Quit Smoking & 1 Day Weight Loss Training

Saturday 13th & Sunday 14th March 2010

The Australian Academy of Hypnosis™ (Vic/NSW)

Please complete this application and post it to:

The Australian Academy of Hypnosis, Joondalup BC, PO Box 1169, Joondalup DC WA 6919

Enrolment Application

All information remains private and confidential

Full name:	<input type="text"/>		
Postal Address:	<input type="text"/>		
	<input type="text"/>		
Phone (H):	<input type="text"/>	(M)	<input type="text"/>
Current Profession:	<input type="text"/>		
Email Address:	<input type="text"/>		
Quit Smoking(only)–\$400	<input type="checkbox"/>	Weight Loss (only)\$400	<input type="checkbox"/>
Both Days - \$650	<input type="checkbox"/>		
Why do you want to attend this training?			
<input type="text"/>			
<input type="text"/>			
Any known mental illnesses? YES <input type="checkbox"/> NO <input type="checkbox"/> (if yes, please give details)			
<input type="text"/>			
<input type="text"/>			
I will be paying by: Cheque <input type="checkbox"/> Direct Deposit <input type="checkbox"/>			
If paying my cheque please make cheque payable to: 'MIND ELEVATION'			
Please find enclosed my full payment or deposit of \$ <input type="text"/>			
Declaration: I understand that upon completion of my hypnosis training I will have acquired skills which will enable me to induce the state of hypnosis in certain other people. I also understand that The Australian Academy of Hypnosis in no way approves of or condones the use of hypnosis for any purpose other than as a therapeutic skill to assist in the physical and emotional healing of others.			
Name:	<input type="text"/>	Signed:	<input type="text"/>
Date:	<input type="text"/> / <input type="text"/> /2010		

PARTICIPATION ACCEPTANCE

Upon receipt of your deposit a receipt will be posted within 24 hours and further training information sent prior to the training.

Upon receipt of your deposit or full payment a payment receipt will be posted within 24 hours. A full refund less a \$100 administration is available until 10 days before the training commencement. After this time no refunds will be made but training can be deferred until the next course. Audio and Visual recording of the training is prohibited.

Bank Account Details:

Bank: Commonwealth Bank

Account Name: Mind Elevation

BSB: 066 007

A/c Number: 1018 6101

The training will be conducted at the Beau Monde International
934 Doncaster Rd, Doncaster

Starts at 9am until 5pm: Lunch 12.30-1.30pm: 15 minute Breaks 10.30am-3pm Please be aware that Tea and Coffee is supplied. If you have any further questions, please phone Michael Werts on 0401 634355. Email: aah_training@iinet.net.au
<http://www.mindmotivations.com>

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